



# Plan Ahead for Your Health

*Good health doesn't just happen. But poor health might.*

Health is too important to take for granted. *Therefore*, you're challenged to improve your foundation for good health:

1. Briefly assess your health.
2. Identify one foundational behavior that you could build
3. Write and commit to a goal to build that behavior

I will \_\_\_\_\_ by \_\_\_\_\_ by \_\_\_\_\_.  
(What I will do?) (What specific action I'll take) (Date or frequency)

Writing health goals can be a challenge, so here are some sample goal statements to get started...

## Physical Activity

- Track and accumulate at least 150 minutes of activity each week.
- Schedule and achieve three times of cardiac exercise and two times of resistance training each week.
- Ask a co-worker, spouse, child, and or neighbor to be a work-out buddy at least once a week.

## Weight Loss

- Lose ½ - 2 pounds/ 1/4 -1 kilogram per week.
- Do a weigh-in every week when in the weight loss phase (weigh in daily when maintaining weight).
- Drop two pants' sizes.

## Healthy Eating

- Use my hand size to gauge portion sizes at each meal at least one day a week.
- Prepare a healthy lunch at home and take it to work most days of the week (to avoid last-minute lunch choices, which are often higher in calories and fat).

## Resiliency to Stressors

- Strive for at least 10 minutes of full, deep laughter (i.e. "belly laugh") every day.
- Make time each week to connect with old friends and coworkers – for lunch or even a quick note/call.

## Tobacco

- Quit using tobacco products by x date.

## General Health

- Schedule and receive all yearly and recommended preventive exams and immunizations.

# Not Sure Where to Start?



Use the ideas below from other employees to help generate your own ideas!

## Social/ Emotional

- Take time to call friends
- Join an employee network if available
- Forgive someone
- Take time for yourself everyday
- Talk with parents/family more
- Laugh more
- Have lunch with friends/ co-workers
- Use an online social network
- Find or become a mentor
- Become a better listener
- Volunteer
- Talk to kids
- Visit relatives and children
- Organize or participate in neighborhood gatherings
- Spend more time with co-workers outside of work
- Strengthen work bonds

## Intellectual/ Mental

- Read books, newspapers, web
- Further education
- Play sudoku
- Find a new hobby
- Complete crossword puzzles
- Write music / lyrics
- Socialize more
- Host a game night
- Actively engage with people (new & old)
- Mentor someone
- Take on something new
- Read intellectual or high level literature
- Learn a new trade
- Try algebraic equations
- Learn a new language
- Start a new adventure
- Start a home improvement project
- Research different backgrounds/cultures
- Listen to classical music
- Take a community class

## Physical

- Exercise more!
- Get more sleep
- Eat more fruits and vegetables.
- Eat less fat
- Do yard work
- Make more leisure time
- Complete a fitness/ body check
- Go for a hike
- Consistently take medicine or follow treatment plan
- Take daily walks
- Go fishing
- Quit using tobacco
- Cut down on caffeine
- Ride a horse
- Try boating or kayaking
- Visit local parks
- Go for a bike ride
- Plan weekly menu
- Bowling
- Educate yourself on nutrition and the human body
- Walk the dog
- Practice resistance training  
(ergonomically correct!)
- Play with kids
- Go swimming
- Do more outdoor activities
- Learn a new dance
- Moderate / cutback on bad habits
- Play more

## Spiritual

- Relax and reflect
- Engage in intelligent conversation
- Spend time with grandchild
- Take a scenic drive
- Practice yoga
- Enjoy personal reflection
- Regularly participate in religion / faith
- Meditate
- Understanding & be close to nature
- Join or regularly attend a place of worship
- Read a Holy Book
- Listen to music
- Learn about a new religion
- Volunteer
- Sing more
- Go for a retreat
- Spend time outdoors
- Simplify some aspect of your life, home or work